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WORDS CAN'T BRING CHRISTINA AGUILERA DOWN {page 14}

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Tuesday, October 2, 2012

Breast cancer made me 'stronger' says TV Host

- Giuliana Rancic of E! News tells Metro of her epic battle
- New treatments, growing legion of survivors mark annual awareness month {pages 08-13}

Breast Cancer Awareness Month

politics

How to woo those still undecided

- Big chance for Obama, Romney at debate tomorrow
- Precious few could decide election {page 07}

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Boston EMS: 57 patients may have been given compromised medicine

The Boston Public Health Commission announced yesterday that a Boston EMS employee may have given tampered medication to dozens of patients.

As part of an ongoing investigation initiated by Boston EMS into misconduct by one of its paramedics, the department notified 57 patients that they may have received the compromised medications during EMS treatment.

The patients received doses of controlled medications that may have been tampered with by the suspected employee during a six-week period in the summer of 2011, and were offered free screening for infectious diseases.

The commission said it is running an "incident hotline" staffed by trained clinicians to answer questions and provide information to those people.

Officials are not aware that the suspect, who was not identified, personally has or has transmitted an infectious disease to any patients.

The paramedic in question was fired after the alleged misconduct was discovered, but Boston EMS is not releasing details on the employee's risky activities.

"Because there's an ongoing criminal investigation, there are a lot of questions we can't or don't have the answers to yet," Martin said.

The health commission decided to inform the 57 patients out of an "abundance of caution" for their safety.

EMS is cooperating with authorities in the criminal investigation, a spokesman said.

MORGAN ROUSSEAU
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TWITTER/@BOSTON_EMS

▶ EMS is fully cooperating with authorities in the criminal investigation against the suspect, a spokesman said.

The meds in question

According to the health commission, paramedics are required to have access to a limited number of controlled medications in order to provide vital prehospital patient care.

- **Fentanyl**, a pain medication
- **Lorazepam**, an antianxiety drug also known as Ativan
- **Midazolam**, a sedative
- **Morphine**, a notoriously powerful pain killer
- The drugs were reportedly in liquid form.

Quoted

"Unlike the case in New Hampshire, we have no evidence that the paramedic in question had or was transmitting any infectious disease to patients."

BOSTON PUBLIC HEALTH COMMISSION DIRECTOR OF COMMUNICATIONS NICK MARTIN

64

64 people were first identified, but seven of them died from reasons related to their injury or medical event.

At risk?

People who are potentially harmed account for less than .04 percent of the total number of patients seen by EMS personnel.

16,968
EMS PATIENTS

64
POTENTIALLY EXPOSED

'An abundance of caution'

Boston EMS could not identify the small number of patients that may have been exposed to compromised medications until the state lab completed its testing of medication vials at the end of July 2012.

Those tests results let EMS identify 64 patients that potentially received compromised medications, but seven of them died soon after transport for "reasons related to their initial catastrophic injury or medical event," Martin said.

It's unclear at this time how many of the 64 patients actually received compromised medications, but the group represents a very small subset of total patients attended to by EMS personnel.

Incident follows similar scare in New Hampshire

This comes just months after the news that New Hampshire medical technician David Kwiatkowski stole and injected himself with syringes, then returned the contaminated syringes, which were used on

patients. "Something that [Dr. Barbara Ferrer, Executive Director, Boston Public Health Commission] emphasized that I think is important to note is how this incident differs from what happened in Exeter, N.H.," Boston Public Health Commission Director of Communications Nick Martin told Metro. "Unlike the case in New Hampshire, we have no evidence that the paramedic in question had or was transmitting any infectious disease to patients. Secondly, none of the 57 patients that we notified have reported to us any concerns about their care or treatment, nor have their providers contacted us with concerns."

In the news

1.2%

Despite a 23 percent fare hike in July, MBTA ridership grew 1.2 percent in August compared to August 2011, according data released by the T this week.

The T reported that subway ridership was up 2.7 percent in August, Green Line and trolley ridership grew 1.5 percent, bus ridership was up 0.6 percent and commuter rail ridership increased 1.4 percent.

Increases in MBTA ridership have been recorded in 18 of the past 19 months. METRO

Today's local tweet

"Was the soaking wet guy at Downtown Crossing screaming "360 Raves!" on Monday morning crazy? Or are 360 Raves just that awesome? #mbta"

@M_WILLIS TAKES AN OPTIMISTIC STANCE ON AN ODD SIGHT

In the news

Cops: Driver drinks cologne to mask DUI

BOSTON. A North Attleboro man was hauled to jail with a bad taste in his mouth after being involved in a car crash in Roxbury. Hoi Ngo, 40, allegedly rear-ended a Boston Water and Sewer Commission dump truck after 8:30 p.m. Saturday.

The driver watched Ngo spray cologne into his mouth, presumably to mask the odor of alcohol on his breath, according to police.

Officers said they also observed Ngo spraying cologne on his body when they arrived. The officers said that despite the fresh scent, Ngo had bloodshot eyes and poor balance.

He was charged with driving under the influence of alcohol. METRO

NATHANIEL S. BUTLER/NBAE VIA GETTY IMAGES

Celtics legend Cousy is in Brown's court

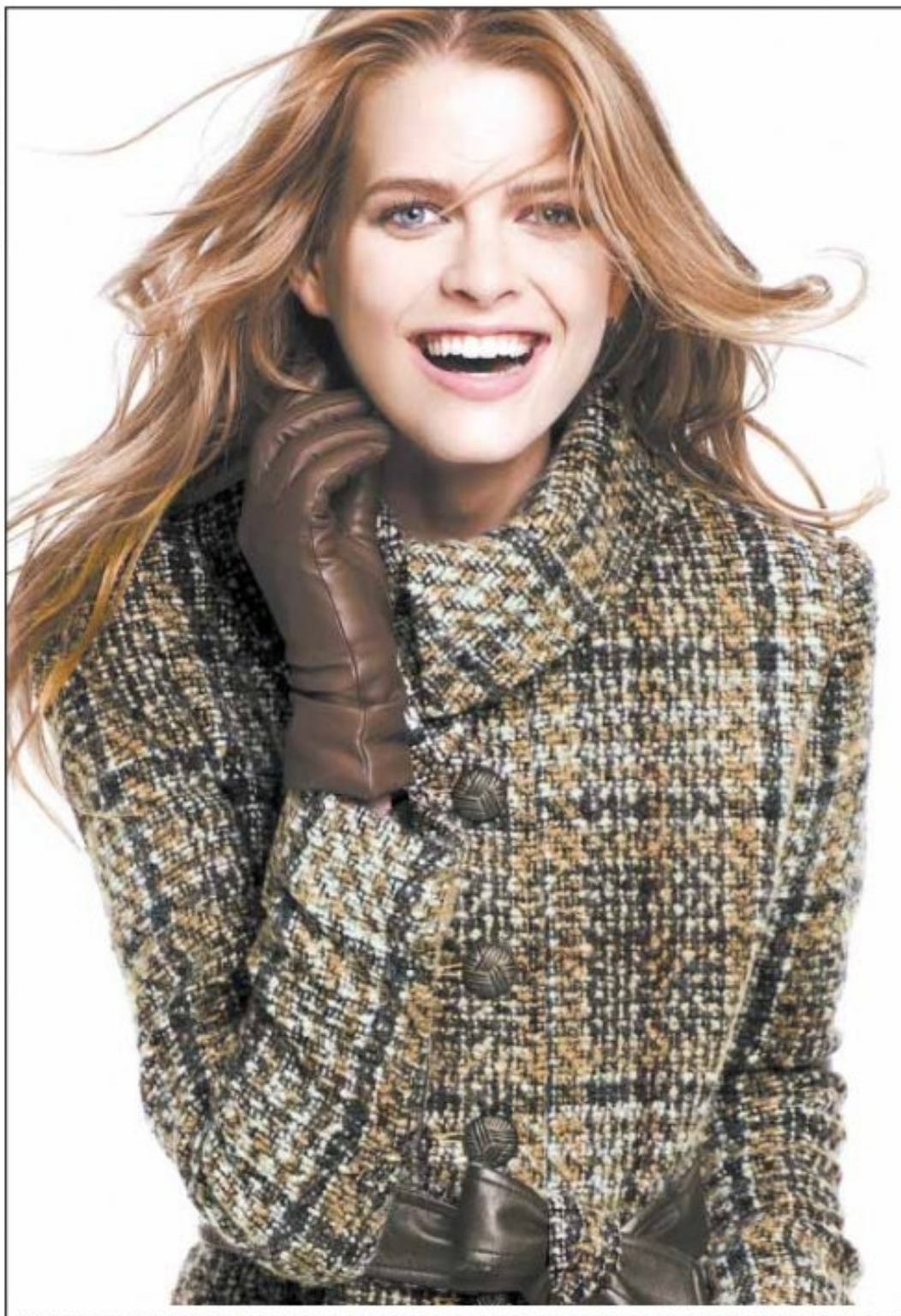
MASSACHUSETTS. A roundball enthusiast himself, Sen. Scott Brown today plans to pick up an assist in the form of an endorsement from Hall of Fame Celtics point guard and broadcaster Bob Cousy. Brown plans to join Cousy at 10 a.m. at the College of the Holy Cross in Worcester, where Cousy also has a following dating back to his days as a Crusader in the late 1940s and early 1950s. SHNS

Seats on plane become loose after takeoff

BOSTON. An American Airlines flight from Boston to Miami Saturday had to be diverted to New York after a row of seats became loose.

The Federal Aviation Administration and the airline are investigating.

The Boeing 757 landed at JFK International Airport just before 1 p.m. Another plane was used to finish the trip. METRO



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Police seek help finding alleged robber and abductor

Boston police are seeking help locating a man who is allegedly responsible for a violent abduction and robbery.

Police detectives this week posted photos of Matthew Carey online in their effort to track him down. According to a police report, three men, two of whom were the victim's colleagues at a local Whole Foods, participated in the robbery.

The victim was walking on Lamartine Street in Jamaica Plain just before 5 p.m. on Sept. 15 when he was dragged into a silver Jeep by his former Whole Foods colleague. That former co-worker was armed with a knife, according to a police report.

According to police, Carey then "robbed the victim of his personal belongings, cut the victim's throat with a knife/razor and threatened to kill the victim."

Police said the wound to the victim's throat ended up being a small cut.

The men took two cell phones worth $400 and the victim's wallet.

After riding around looking for a discrete place, the suspects then released the victim at Armory and Dimock streets.

Police: Be on the lookout

Police released mug shots of one of the suspects.

- Police said Carey is a white male with a medium build and tall height.
- Anyone with information can call 617-343-5628.

The victim was able to get a partial license plate. He also told police that he knew one of the suspects from work at Whole Foods and the other who was his former supervisor at the grocery store. The victim said he and one of the suspects used to smoke marijuana together.

MICHAEL NAUGHTON
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Bikes. Crackdown

▶ Cyclists better pay attention to the rules if riding near BU.

NICOLAUS CZARNECKI/METRO

Boston University police this week are continuing to crack down on cyclists committing traffic violations at busy intersections along Commonwealth Avenue. According to BU Today, university police stopped 52 cyclists last week for running red lights and handed out ten $20 tickets. About half of the offenders were members of the BU community, and some were stopped more than once. METRO

In the news

Menino to encourage students for 'College Month'

Not only is October "Breast Cancer Awareness Month," but it is also "College Month" in the Boston public school system. To mark the occasion, Mayor Thomas Menino is set to stop by Philbrick Elementary in Roslindale to talk to students about the college experience and the importance of a college degree. METRO

Man admits to running gambling enterprise

BOSTON. A Quincy man has admitted to running an illegal gambling business in Boston's Chinatown and using violence to collect debts, according to the Department of Justice.

Minh Cam Luong, 48, pleaded guilty late Friday to an 11-count indictment charging him with running an illegal gambling business and using threats of violence, as well as actual violence, to collect debts from gamblers and others who borrowed money, a DOJ spokeswoman said.

Luong's business ran a series of three illegal gambling dens on Edinboro Street, Harrison Avenue and Beach Street in Chinatown, from early July 2009 through June 2011. METRO

Boston Police give daily tips

BOSTON. To commemorate Crime Prevention Month, Boston police will raise awareness by issuing 31 days of crime prevention tips on its Facebook and Twitter accounts throughout October.

The first tip, offered yesterday, was how to prevent street robberies. METRO

This week Boston becomes source of International Pride

Hundreds of Pride leaders and delegates from around the world will descend on Boston this week for a conference that organizers said is as much about human rights as it is about putting on festivals.

"There is this intangible fact that the purpose of our uniting is very special. … [We're] increasing the visibility of the LGBT community to show the human rights aspect of this movement," said Sylvain Bruni, co-chair of the InterPride conference.

InterPride, the International Association of Pride Organizers, was founded in Boston 30 years ago and is returning this year for its world conference, which begins Thursday at the Sheraton Boston Hotel and lasts through Sunday. More than 200 people from 18 countries will be represented, organizers said.

MARILYN HUMPHRIES

▶ Boston has always celebrated with Pride.

"Pride means a lot of different things to different people — whether it's a dance party … or a struggle just to survive." GARY VAN HORN

Bruni said having this year's convention in Massachusetts is significant due to the progress that's been made here.

"A lot of people really see Boston as ahead of the curve in a lot of these fights and with LGBT," said Bruni. "Boston is really seen as the beacon where things get started."

MICHAEL NAUGHTON
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230+ The number of people registered for the InterPride conference

18 Countries that will be represented among the Pride conference attendees

80 People from 80 different Pride organizations will attend the conference.

News in brief

▶ Sico

Suspect arrested 18 months after attack

MEDFORD. A Medford man who allegedly attacked a sleeping homeless man in the Back Bay T station 18 months ago was arrested Friday in connection with the beating.

Transit Police said Marc Sico, 21, was arrested at his home on a warrant for failing to appear in court.

Sico and another man, James Marino, 21, of Medford, were allegedly caught by transit police "viciously attacking" the victim by punching and kicking him in the early morning hours of March 13, 2011, but fled when they saw the officers. The attack was unprovoked, police said.

Shortly after the assault, Boston Police responded to the corner of Dartmouth and St. James Streets to meet two victims who were also "viciously assaulted" in a reportedly unprovoked attack.

Those victims identified Sico and Marino as their alleged attackers. Sico was expected in Boston Municipal Court yesterday afternoon. METRO

Witness tells cops: 'That's the guy!'

BOSTON. Transit Police arrested a Hyde Park man Saturday night at the Readville Commuter Rail Station parking lot for allegedly breaking into a car there.

The witness who called to report the alleged crime was talking to police on the scene when he noticed Ishael Jean, 21, walking by and exclaimed, "That's the guy!'"

Jean was charged with breaking and entering a car with intent to commit a felony and malicious damage to property over $250. METRO

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Youngest Guantanamo prisoner now misses being there: Lawyer

JANET HAMLIN/AFP/GETTY IMAGES

▶ As part of deal with prosecutors, Khadr pleaded guilty in 2010 and was sentenced to eight years in prison.

Guantanamo detainee Omar Khadr, who was transferred to a prison in his Canadian homeland over the weekend, is having a difficult time adapting to his new circumstances, one of the inmate's lawyers said yesterday.

Khadr, the youngest prisoner and last Westerner held in the U.S. military prison on Cuban soil, returned to Canada on Saturday to finish his sentence. He had spent almost 10 years in Guantanamo.

15

Khadr was 15 years old when captured in Afghanistan and later confessed to killing a U.S. soldier and conspiring with al-Qaeda.

Khadr, 26, is now in Millhaven top security jail in the central Canadian province of Ontario waiting for authorities to decide how best to handle his case. He will be eligible for parole in mid-2013.

"It's a very, very difficult [transition] right now. It's a horrible place, Guanatanamo is, but it's a place where he had built a life for himself, it was what he was familiar with, it was what he knew," Khadr lawyer John Norris told the Canadian Broadcasting Corp.

Canada's Conservative government says it fears he has become radicalized. **REUTERS**

Yahoo CEO to return to work

Yahoo Inc. Chief Executive Marissa Mayer, three months into a nascent effort to revamp the struggling Web company, could be back in the office in one week, following the birth of her first child on Sunday.

The 37-year-old Mayer will work from home and continues to lead the company and "is involved in all critical decisions making," a Yahoo spokeswoman said yesterday.

Mayer has yet to brief investors on her plan for Yahoo, but she provided some general details to the company's staff in meetings with employees last week. **REUTERS**

News in brief

Amex refunds $85M credit fees

WASHINGTON. American Express will refund $85 million to customers to resolve charges that three subsidiaries broke consumer protection laws across the credit card business, U.S. regulators said yesterday.

Subsidiaries misrepresented the perks consumers would receive if they enrolled in a credit card program, charged certain consumers higher late fees than were legally permissible, misled consumers about debt collection and committed other violations. **REUTERS**

Google surpasses Microsoft in company value as Web overtakes PC

NEW YORK. Google has surpassed Microsoft to become the world's second-largest technology company as computing over the Internet reduces demand for software installed on desktop machines.

Google rose 0.7 percent to $759.98 at 11:13 a.m. yesterday in New York, for a market capitalization of about $249.2 billion. **BLOOMBERG**

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Debates give candidates chance to woo undecided

The first presidential debate, to be held in Denver tomorrow, could help sway "soft voters" who are only halfheartedly committed to either President Obama or Republican presidential nominee Mitt Romney.

"Getting an edge on who has more intensity among their voters is one of the key things the candidates are looking at here," Republican pollster Ed Goeas told The Washington Examiner.

The two presidential contenders enter their first debate with Obama leading Romney by about 4 percentage points nationally, according to a RealClearPolitics averaging of polls.

Most voters have already decided who they'll support. But some voters are less excited about their choice, and those people, Goeas said, can be convinced to change their minds if candidates either wow them in the debates or botch them badly. **SUSAN FERECCHIO, WASHINGTON EXAMINER**

What is a 'soft voter'?

SCOTT OLSON/GETTY IMAGES

▶ Student Courtney Johnson (R) votes on the campus of the University of Northern Iowa as early voting begins.

- **Not quite decided:** May be only halfheartedly committed to either candidate
- **Thin slice of total voter population:** But add them to the percent of the truly undecided, and the bloc accounts for 3 to 4 percent of voters — enough to change an election

"Certainly [the candidates'] target is ... to see if you can move those soft voters to be more intense." GOEAS

Looking presidential

If the candidates avoid any game-changing moments during their meeting and instead turn in two adequate but uneventful performances, that could benefit Romney, Goeas said.

"For the challenger to stand there and appear to hold his own and look presidential and be equal with the president onstage, normally the tie goes to the challenger," he said. "That is what I think the Obama campaign is somewhat worried about."

Before the debate

Romney slams Obama over Middle East

Mitt Romney launched a fresh attack on President Barack Obama's Middle East policy yesterday, saying the United States is moving dangerously closer to being pulled into the region's chaos and that puts "our security at risk."

In a Wall Street Journal opinion piece, the U.S. Republican presidential nominee pointed to recent developments in Syria, Libya and Egypt as well as uncertainty over Israel and Iran and called for "a new strategy toward the Middle East," although he offered no new details about his proposed plans. Romney's critique comes amid a new wave of violence in the region and as U.S. officials acknowledged that the storming of a U.S. consulate in Libya was a deliberate attack by militants linked to al Qaeda. **REUTERS**

"When we say an Iranian nuclear weapons capability ... is unacceptable, the ayatollahs must be made to believe us." ROMNEY

Points of attack

Here are three messages Romney must communicate in the debate if he has any hope of catching Obama in the polls:

1 **Obama promised jobs and has failed to deliver:** Four years later, there are a net 261,000 fewer jobs in the U.S. than when Obama was sworn in.

8% The jobless rate has been around 8 percent for a record 43 months, and 83,000 fewer Americans have jobs than when Obama was elected. To have kept his promise would have meant that 5 million jobs would be created in his first four years in office.

2 **Obama promised to cut the deficit in half and has failed to deliver:** In 2009, when the nation's budget deficit was already more than $1 trillion, he promised to cut the inherited deficit in half. As of last month, the deficit still topped $1 trillion for the fourth straight year.

3 **Obama promised to reduce health insurance premiums by $2,500 and has failed to deliver:** According to the Kaiser Family Foundation, premiums have actually gone up by $2,730.

$3.4K
U.S. households are facing an average tax increase of $3,446 in 2013 if Congress doesn't avert the so-called fiscal cliff, the nonpartisan Tax Policy Center said.

10.5%
The top 1 percent of households face some of the largest tax increases in 2013 and would see their after-tax incomes fall by 10.5 percent if Congress does nothing.

20%
For calendar year 2013, taxes would increase by $536 billion, or about 20 percent. Tax rates on income, capital gains, dividends and estates would increase.

$2K
A typical middle-income household earning between about $40,000 and $60,000 a year would see a tax increase of about $2,000. **BLOOMBERG**

Metropolitik

MICHAEL J. FROSCH
POLITICAL CORRESPONDENT FOR METRO

ONLY GOOD REPUBLICANS NEED APPLY

The Republican Party has made it a top priority to disenfranchise American citizens, with the help of several newly enacted voter ID laws that have a disproportionate effect on citizens who vote for Democrats. There is, of course, no evidence of voter impersonation fraud in any of these states, a fact that has been particularly embarrassing for the Republicans caught red-handed depriving American citizens of their fundamental rights.

Last week, however, prosecutors began investigating a source of actual voter fraud — the Republican Party. This year alone, the Republican Party has spent more than $3 million on swing-state voter registration drives organized by the company Strategic Allied Consulting, which is now under investigation after elections officials in Florida discovered hundreds of forged voter registration documents including fraudulent address changes that would have prevented voters from being able to cast their ballot this November.

This isn't the first time Strategic Allied Consulting was caught tampering with voter registrations while working for the Republican Party. In 2004, the Justice Department began investigating the company after employees reported that they were told to register only Republicans, and watched as supervisors destroyed voter registrations filled out by Democrats. The company was also accused of lying to voters about the meaning of ballot initiatives.

Quoted

This isn't the first time Strategic Allied Consulting was caught tampering with voter registrations while working for the Republican Party.

Back then the company was called Sproul & Associates. Asked why he changed the company's name to Strategic Allied Consulting and removed his own name from the corporate documentation, Nathan Sproul, the firm's owner and operator, explained that he did so at the Republican National Committee's request, so they could distance themselves from his company's allegations of voter fraud in 2004.

So the Republican Party has knowingly paid millions to a company under investigation for interstate, systematic voter fraud, asking it to operate under an alias so the party could feign ignorance and avoid responsibility — all the while disenfranchising voters under the guise of preventing voter fraud! How can anyone support a party so willing to cheat American citizens out of their right to vote in order to win?

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

breast cancer awareness

THE BOOBS ARE BACK

Female bartenders to face off with fast and fierce drink slinging to raise money to fight breast cancer

As the nation gears up for a month of events aimed at raising money to combat breast cancer, some Boston-area bartenders are revving up their serving arms to sling cocktails for a cure.

On Wednesday night, The Estate on Boylston Street will open its doors to a throng of thirsty spectators, eager to watch about 20 female bartenders face off for the title of Miss Speed Rack Boston.

"(Breast cancer) does effect a lot of young women. This event brings awareness to a younger age, and hopefully encourages them to get checked out," said Speed Rack co-founder Lynnette Marrero. "(Speed Rack) really highlights women's talents. It started as a way to show off women who are strong, amazing and incredible while raising money for breast cancer."

Speed Rack taps top female bartenders in key cocktail markets and puts them head to head in timed challenges. Using sponsors' products, participating bartenders must make a round of cocktails, culled from a list of 50 accepted industry standard recipes, in front of a panel of judges who rate each drink based on prep time and accuracy.

"The end goal is the same. We all want to put an end to this disease that affects so many women and men across the world."
IVY MIX, SPEED RACK CO-FOUNDER

$4K

Last year's Boston event raised about $4,000, but organizers say they expect more this year. The national tour raised a total of $69,000 last year, with proceeds going to breast cancer research, education and prevention.

With a "roller derby atmosphere" that combines all the best elements of night life — breasts, bars, and booze — organizers say the event tends to attract a younger crowd than most cancer benefits.

"It is geared toward young modern individuals who are looking for fun things to do and can't always afford a $200 seated dinner for a charity," Marrero said.

Speed Rack co-founder Ivy Mix refers to what she loosely dubs "the hip culture," as being a group that is not usually targeted by cancer awareness campaigns.

"It can sometimes feel like it can't be penetrated by evil; like they have no problems at all. But the cocktail culture is booming ... so why not take the opportunity to let them know that there is an issue in this world, and it's called breast cancer, and we're going to do something about it?" Mix said.

MORGAN ROUSSEAU
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SPEED RACK INC.

▶ A bartender competes in the New York City finals in 2011.

All hail Miss Speed Rack:

This year's local winners will get $500 to compete in the May 2013 Finals in New York City. Whoever takes that crown will get a scholarship to Beverage Alcohol Resource and an all-inclusive trip for two to France to tour the Anjou region and check out Cointreau production at the Remy Cointreau distillery. The Miss Speed Rack USA title is currently held by Yael Vengroff of Houston, Texas. Last year's local winner was Sabrina Kershaw, who will be returning this year to defend her title.

If you go

Tickets for Boston can be purchased online for $20 at Eventbrite $25 at the door. 6 p.m. to 10 p.m. at The Estate, 21+

Contestants this year include bartenders from Towne Stove and Spirits, ArtBar, Drink, Back Bay Social Club, Middlesex Lounge, The Hawthorne, Harvest, The Citizen, Eastern Standard, The Citizen Pub, The Beehive, Storyville and Minibar

In the news

Cancer week announced, kicks off Breast Cancer Awareness month

A ceremonial bill signing relating to male breast cancer was held Monday.

▶ Gov. Deval Patrick held a ceremonial signing of a bill that designates the third week in October as Male Breast Cancer Awareness Week.

▶ The bill was technically signed into law last month.

Metro's Pink Profile

One couple, two battles

It's not often that when a husband tells his wife, "I know what you're going through," he actually does know — especially when it comes to breast cancer.

But for Annellen Lydon, her husband, Rusty, knew exactly what she was experiencing.

"I kept on saying to my wife 'Honey, I had breast cancer, too. Don't worry about it.' I told her everything's going to be all right," said Rusty.

While male breast cancer is rare, it's not unheard-of and Rusty's 2001 diagnosis gave him unique knowledge that helped prepared the Milton couple for when Annellen was diagnosed. He said they knew the right questions to ask and credited his wife with impressing the doctors with her knowledge.

Rusty also gave accolades to his wife for being "the absolute best at taking care" of him when she was his caretaker before their roles were reversed.

For Rusty, having a cancer that is commonly associated with women was not an issue. When asked if his diagnosis was at all emasculating, he said "not at all."

"Cancer is cancer. It can go anywhere in your body, doesn't matter if you're a guy who has breast cancer or brain cancer ... It's this crazy disease," he said.

Rusty said he uses his experience to help other men understand that they, too, can get breast cancer. He said he urges men meets to check their chests.

MICHAEL NAUGHTON

COURTESY PHOTO

▶ The Lydons have beat their cancer and plan to walk in their second Making Strides Against Cancer Walk on Oct. 14.

"He was right there beside me. He was scared just like I was scared, but that's what you do, you just help each other out."
ANNELLEN LYDON

him support his wife when she became ill 10 years later.

"I think it was shock, but then he said 'We're going to get through this,'" said Annellen, a 49-year-old teacher, recalling when she told her husband she needed a biopsy.

Rusty, a 54-year-old electrician, said having gone through his battle better

Study support

The American Cancer Society is looking for local men and women to assist in the society's new Cancer Prevention Study-3.

Data from the study will be used to build on evidence from a series of society studies began in the 1950s that help in the understanding of cancer prevention and risk.

The study is seeking men and women between the ages of 30 and 65 who have never had cancer, except squamous or basal cell skin cancers. Enrollment in the study will take place at the Making Strides Against Breast Cancer event.

For more info visit **www.cancer.org/cps3NE.**

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breast cancer awareness

Giuliana Rancic: 'I'm stronger than I thought I was'

The breast cancer survivor and new mom tells us the toughest part of her health battle, plus the two men who helped her through it

Giuliana Rancic greeted us with her megawatt smile and a warm hello when we sat down to chat at the Hotel Gansevoort. Her elation was palpable. Less than one month earlier, she and husband Bill Rancic welcomed their little boy Edward Duke, delivered via surrogate. In fact, the E! News anchor credits her baby for helping to save her life.

Last year, during IVF treatment, a mammogram revealed a tumor. She was just 36. But it was caught early enough to be treatable. As this year's spokesperson for P&G's "Do It For the Girls!" Day of Action, Rancic hosted a Twitter party, #GIVEHope, to inspire women nationwide to conduct breast self-exams and take the first steps toward implementing an early detection plan. She talked to us candidly about her treatment, her travails and the joys of being a new mother.

You've said early detection saved your life. How so?

That's exactly what saved my life — finding the breast cancer early. I was 36, had no family history and I found it early in a mammogram. I remember hearing I had breast cancer. I thought it was a death sentence. Then, it wasn't until the doctor said, "Since we found it early, you have a 98 percent survival rate," I went, "What? 58?" He's like, "98." I'm like, "Wow. That's good. I'm going to survive." ... As women we're so busy taking care of everyone else. ... We don't go to the doctor as much as we should. We just try to manage everything ourselves. But if you let it go, if you don't get checked and you find that you have an advanced stage of breast cancer, people are going to have to take care of you.

What did going through cancer teach you?

I'm stronger than I thought I was. But I think true strength comes when you have no other alternative but to be strong. Now I know I can tackle a lot of things that I never thought I could tackle before. ... The other thing [I learned] too is just how loving people are — not even just family and friends, but all around the world.

What kind of support did your family, your friends and your husband, Bill, give you?

Tremendous. The role of the friend and the husband is so important. I'd probably still be under the covers crying if it [weren't] for Bill. I think the best thing he did was allow me to cry and be angry. But eventually, he had to pull the sheets up and say, "Now let's figure out our plan." Once we had a plan I felt better. Under the covers I had no plan and everything was really scary.

How has being a new mom helped you through this?

Being a new mom is a dream come true. It's everything I thought and a lot more. It was after such a tough year. I always knew there would be a light at the end of the tunnel, but I didn't realize it was going to be so bright.

JERYL BRUNNER
letters@metro.us

Giuliana Rancic launched the "Do It For The Girls!" Day of Action in New York City on Sept. 20. If you change your Facebook profile picture through a custom photo app found at Facebook.com/pgmygive, P&G will donate $1 to the National Breast Cancer Foundation, up to $25,000.

Q&A

What was the hardest part about all these pieces — the diagnosis, the treatment?

There are so many hard parts. But the one that sticks out the most is probably just finding out. I mean, when a doctor walks into a room and says you have breast cancer, those are the words you never want to hear. Cancer is just such a scary word. I think that initial shock and sadness is overwhelming.

Giuliana says:

"[At] your annual checkup, say to your doctor: 'This is my age, family history — what do I need to be doing? When do I need the mammogram? How I should I be doing a self-exam?' Have a plan so you can catch the breast cancer early. Early detection is everything."

Interview

National Breast Cancer Foundation founder on taking control of your health

Janelle Hail was diagnosed with breast cancer when she was just 34. It was 1980 and there was no Internet and no simple way to get answers. So 11 years later, she founded the National Breast Cancer Foundation to help educate women about early detection and raise funds to offer free mammograms. Five years ago, P&G came on board to to support the NBCF's programs.

Why is early detection key?

P&G/SUSAN GOLDMAN

▶ If you're not insured, Janelle Hail (pictured) says you can visit www.nationalbreastcancer.org/national-mammography-program to find out where free mammograms are offered in your area.

Early detection saved my life. When I was 34, I found my own lump and discovered that I had breast cancer as a process of going to the doctor a couple of weeks later. That was back at a time when nobody talked about breast cancer. There were no public announcements about Breast Cancer Awareness Month. The Internet was not around. There was nothing, even in the doctor's office. I was having to make a life-changing decision about my treatment based on just my instinct. As I founded the foundation, I knew that it was absolutely vital for women to have information.

How can a woman take control of her breast health?

I think it's very important that she set herself up on a schedule for a monthly self-exam. Just put it on your calendar — and regularly schedule doctor visits. Then, that leads to the mammograms. It's so vital for a woman to be very observant about her breasts and any changes because even if she's very young and thinking, "I'm not old enough to get breast cancer yet," you recognize those changes and anything that's different — like a dimpling of the skin, or any unusual change in size or redness, or discharge from the nipple. Anything that is different, don't try to diagnose yourself — get to the doctor.

How do you know if you're doing a self-exam correctly?

Quoted

"Anything that is different, don't try to diagnose yourself — get to the doctor."

HAIL

We have that information on our website, but also ... have a systematic way, like in a circular pattern using your index finger and [your middle] finger. You're just going into a circular pattern starting at the nipple and going around. Remember also under the arm — sometimes lumps can come up there too. There's another pattern that you can do, in rows. Start up high and go in rows down, kind of like you're planting corn.

How do you know if you've found something?

Women do have lumpy breasts. Most of the time they are not malignant tumors. But that's where you need to know your body. ... This is why you work in connection with your doctor and your self-exams and mammograms. With those three things, you're going to have a good system of early detection.

What are some of the new developments you've found in the fight against breast cancer?

The most exciting thing to me is the digital mammography. ... Personalized medicine is [also] amazing right now. ... Instead of just shooting chemotherapy and hoping that something works, everything is being personalized so they know the kind of treatment that will be effective.

METRO/JB

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breast cancer awareness

Is your daily routine leading to breast cancer?

AMY SUSSMAN/AP IMAGES FOR SEVENTH GENERATION

▶ From left: Sara Snow, Deepak Chopra, Jeanne Rizzo and John Replogle speak about the toxins found in your everyday life and their ties to cancer.

Green-living advocate Sara Snow recently joined health guru Deepak Chopra, CEO Jeanne Rizzo (of Breast Cancer Fund) and CEO John Replogle (of natural household product company Seventh Generation) to discuss carcinogens — cancer-causing elements — added to cleaning, laundry, personal care and baby care products. Scientists have identified links between ingredients in many of the products we use every day and breast cancer; being exposed to such ingredients has been thought to increase our risk for catching the disease.

The panel conversed about a proposed USDA Certified Biobased label to identify products that don't use harmful chemicals, similar to the way that organic food is labeled.

"Fifty percent of Americans are unaware these products contain petroleum-based ingredients," Replogle said. "[They] want to protect their well-being but are highly confused. Consumers need to be regulators and make demands on legislature about ingredient disclosure."

Women, who naturally have more fat cells than men, are at particular risk because toxins are largely fat-soluble and are stored in body fat. Rizzo spoke directly of the harmful chemicals that make up fragrances added to products.

"Thousands of chemicals are put into conventional household products to create fragrance," she said. "The more fat you're holding, the more chemicals you're holding in your body. It's a very vicious cycle. We need to shift the research to prevention. paradigm shift is critical."

Prevent vs. cure

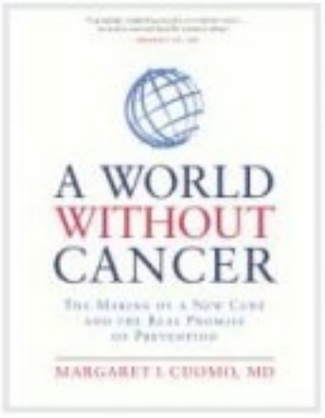
Chopra advocated preventive lifestyle choices to remove toxins from our daily lives — and therefore our environment:

"The insanity of it is that we spend so much money on curing illnesses that in all probability — I would say 100 percent probability — we are responsible for."

"Two-thirds is not enough," he said, referring to a recent study that found two thirds of American adults expressed concern about household chemicals. "It should be 100 percent."

LINDA CLARKE
letters@metro.us

Expert interview



Inside the cancer industry

Dr. Margaret I. Cuomo's book title makes a bold claim. But is "A World Without Cancer" really possible?

"It's not only possible, it's necessary," she says.

One school of thought about the disease is that it has always existed. Another is that it's the result of the postindustrial revolution age.

"We really don't know if cancer's always existed," she says. "There was no documentation back then. What we do know is that the industrial age brought a host of toxins that didn't exist before."

Rather than fight cancer, Dr. Cuomo advocates a personal and societal policy of avoiding it. But with legislation favoring cures over prevention, and pharmaceutical companies calling the shots, she argues that cancer has become an industry itself.

"Only five percent of every dollar spent on health care goes to prevention. The billions spent on treatments that prolong life for weeks or months, or even result in other illnesses — we can't afford that route."

Prevention means stopping toxins entering our environment and therefore our bodies.

"Industry needs to step up, government needs to step up and people need to make the right choices," she says. "Lessen your toxic load."

METRO/LC

The Most Important Report You Will Read This Year:

AACR Cancer Progress Report 2012

Making Research Count for Patients: A New Day

The AACR Cancer Progress Report 2012 chronicles the many ways that we have made research count for cancer patients.

Advances in cancer research and biomedical science bring a sense of hope to all who face cancer or who love someone facing cancer, as poignantly illustrated by the personal stories of: **Monica Barlow, Kathryn Becker, Congressman M. Robert Carr, S. Ward "Trip" Casscells, M.D., Shaundra L. Hall, Donna Johnson, Evan Lindberg, Brooke Mulford, Melanie A. Nix, Lori Redmer, Antoni Smith,** and **Jill Ward.**

To read these and other cancer survivors' stories and receive a FREE copy of the report, go online to www.aacr.org/cpr.

Unite With Us Against Cancer

For news alerts and opportunities to join scientists, patients, survivors, and concerned citizens in calling on Congress to provide critical funding increases for the lifesaving cancer and biomedical research, go to http://capwiz.com/aacr.

The American Association for Cancer Research (AACR) is the world's oldest and largest scientific organization focused on every aspect of high-quality, innovative cancer research. Through its programs and services the AACR fosters the exchange of knowledge and new ideas among scientists dedicated to cancer research, and provides increased public awareness about cancer research.

AACR American Association for Cancer Research

For a free copy of report:
www.aacr.org/cpr
For news alerts and to call on Congress:
http://capwiz.com/aacr

breast cancer awareness

Do your part

October means an annual array of pink products for breast cancer charities ◗ Where your spending counts

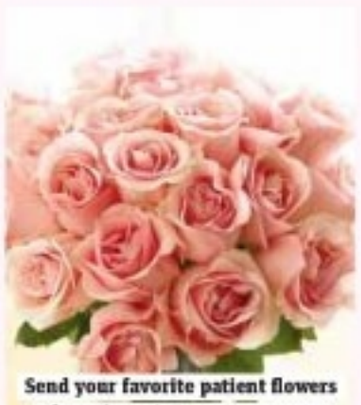
1 $1 from the sale of every **Gaiam pink-ribbon yoga mat** designed by Colleen Saidman (the wife of yoga guru Rodney Yee) will go to the Breast Cancer Research Foundation. **$22, www.shopgaiam.com**

2 **Bialetti's Aeternum**, already huge in Italy, is available stateside in pink to support the National Breast Cancer Foundation. Ten percent will go to the foundation. **$50, Bed, Bath and Beyond**

3 All proceeds from this sterling silver necklace by Jennifer Meyer (Tobey Maguire's wife) benefit Stand up to Cancer. **$250, www.standup2cancer.org/shop**

4 Fifty percent of proceeds from **Rebecca Taylor's bright pink blouse** will be donated to the Triple Negative Breast Cancer Foundation, which raises funds and awareness for this type of breast cancer that often strikes young women and African-Americans. **$225, www.rebecca-taylor.com**

Whether you live in NYC or are just visiting, hop aboard Gray Line's Big Pink Sightseeing Tour and $1 of each adult ticket will go to the Breast Cancer Research Fund. $44, www.newyorksightseeing.com


Send your favorite patient flowers from OrganicBouquet.com — 15 percent of the price of select florals and gifts go to breast cancer charities, including BreastCancer.org and Dr. Susan Love Research Foundation.

5 The **Sonia Kashuk Proudly Pink 5-Piece Purse Set** is available year-round, and 15 percent of the purchase price goes to the Breast Cancer Research Fund. **$15, www.target.com**

6 Bid on this **David Rockwell** chair and 80 percent of the total money raised will benefit the Breast Cancer Research Fund. The auction closes Oct. 31. **www.charitybuzz.com**

7 All proceeds from **OnGossamer**'s soft and cozy **Cabana Cotton Target** collection will go to Fashion Targets Breast Cancer. **$16-$32, www.ongossamer.com**

Coastal.com will donate $25 to the Linda Creed Breast Cancer Foundation for each purchase of its Pink Frame collection. $98 (single vision lens included), www.coastal.com

Run for it

1 **New Balance** is donating 5 percent of the suggested retail price of its Lace up for the Cure 860's v2 sneakers (available year-round), with a minimum donation of $500,000, to Susan G. Komen Race for the Cure. **$110, www.newbalance.com**

2 Snag these kicks from **Etnies** and 5 percent of the proceeds will go to the Keep a Breast Foundation, which is focused on raising awareness in young people. **$75, www.etnies.com**

3 **ASICS** has partnered with Christina Applegate's Right Action for Women fund for women at an increased risk of breast cancer. $2 from each pair of GT-1000 PR Running Shoes will be donated, up to $100,000. **$100, www.asicsamerica.com**

Advice

Donate smart

If you want to make a donation to a breast cancer charity, follow these tips from Sandra Miniutti, vice president of marketing and CFO at Charity Navigator, which evaluates nonprofits:

PIXLAND

Know what the charity really does. "I think there's a general misunderstanding among donors. They think that Charity X does research when maybe all it really does is awareness, or maybe it funds mammograms for women that can't afford it. You really need to dig down into the charity's programs and services and make sure that that's something you want to support."

Check its finances. "That's something we do at Charity Navigator, and if it's not a charity we rate, we offer lots of tools to help donors do that themselves. You want to make sure the bulk of the charity's spending is going into programs and services."

Look for accountability and transparency. "Does it have an independent board of directors to provide proper oversight? Does it post information on its website about its finances? Even at a very basic level, does it answer your questions if you give them a call?" METRO/ME

Do your homework

"Being proactive is better than just giving to the first person outside of the big-box store," says Lindsay Nichols, communications director for Guidestar.com, another charity evaluator. GuideStar offers the following five-step plan for giving:

- **Clarify your values and preferences.** Consider the type of charity with which you'd have the best connection.
- **Focus on the mission.** Dig into the organization's GuideStar profile, visit the nonprofit's website, or look into recent press articles and media mentions of the organization to learn more about its mission and programs.
- **Verify a charity's legitimacy.** On GuideStar, you can find out if a nonprofit is a legitimate tax-exempt organization. If the charity is not on GuideStar, ask to see its letter of determination. If it's faith-based, ask to see its official listing in a directory for its denomination.
- **Get the facts.** A reputable organization will define its mission and programs clearly; have measurable goals; describe its achievements; discuss its programs and finances; not use pressure tactics; be willing to get you more information; and take "no" for an answer.
- **Trust your instincts.** If you still have doubts about a charity, don't contribute to it.

breast cancer awareness

Diagnosis and treatment

New blood test gives early results

Study subjects: 32 people in different stages of breast cancer
Location of study: U.S.
Results: Researchers at Kansas State University developed a straightforward blood test that within one hour can identify human cancers — including breast and lung — even before symptoms are present. The test is being tested for other cancers, too.
Significance: Early detection means improved chances of preventing cancer from spreading, or becoming fatal, and makes treatment less invasive.

Tumor profiling provides more effective treatment

Study subjects: 825 breast cancer patients
Location of study: U.S.
Results: Researchers at the Washington University School of Medicine completed a major analysis of the genetics of breast cancer and found four major categories of the disease. Among their findings is the possibility that drugs already found to work against ovarian cancer could be effective against one type of breast cancer they identified.
Significance: The new school of thought concentrates on types of tumors rather than the area of the body where cancer develops. Pinpointing a type of cancer's genetic makeup helps to provide a more effective treatment.

STOCKBYTE

▶ A new blood test can diagnose cancer in less than one hour.

40%
Forty percent of women have dense breasts, leaving them at a higher risk for mammogram reading errors.

Male breast cancer study offers clues

Study subjects: 823 male breast cancer patients
Location of study: U.K.
Results: London's Institute of Cancer Research conducted the world's largest study of male breast cancer and isolated one particular gene as a risk factor in half the cases. Mutations in the RAD51B gene, which aids DNA repair, can increase a man's breast cancer risk by as much as 50 percent. RAD51B mutations are thought to increase the risk of female breast cancer, too.
Significance: Male breast cancer is rare, but studying both male and female breast cancer increases knowledge of the disease as a whole. The findings could lead to new treatments for men battling the disease.

Ultrasound device approved

Study subjects: Clinical study
Location of study: U.S.
Results: The FDA has approved an ultrasound device that can detect tumors in dense breast tissue. The higher amount of connective and glandular tissue in dense breasts makes tumors more difficult to detect by standard mammogram. The somo-v Automated Breast Ultrasound System scans more accurately and produces several images in about one minute.
Significance: Forty percent of women have dense breasts, leaving them at a higher risk for mammogram reading errors. The device is not useful for women who have had procedures like biopsies or breast surgery. LINDA CLARKE

Advice

Finding your way back to intimacy after cancer

Women tend to be critical of their bodies at the best of times. After breast cancer treatment, which is among the worst of times, regaining intimacy seems daunting.

"Women undergo many changes after breast cancer treatment," says Dr. Melanie Davis, co-president of the Sexuality and Aging Consortium at Widener University. "There's a big change in body image, especially if surgery is involved. ... So much breast tissue is removed, and if the nipple is removed many aspects of sexual pleasure have changed."

Even without surgery, cancer treatment can cause issues such as vaginal dryness, which makes penetrative sex painful.

The best remedy is a playful attitude. Intimacy goes beyond penetration and can include oral sex, sex toys and team masturbation — all in a pressure-free environment.

"When sex is defined as a penis in a vagina until there's a climax, it's too goal-oriented. The goal is pleasure," she says. METRO/LC

STOCKBYTE

Celebs take up the cause

The supporters: The red carpet may as well be pink, given all the celebrities involved in promoting the cause. "Twilight" star **Robert Pattinson** appeared on the 2012 Stand Up to Cancer telecast. Singer **Fergie** appeared at the 10th Annual Avon Walk for Breast Cancer in Santa Barbara, Calif., in September. **Jennifer Aniston** designed a T-shirt for Ford's Warriors in Pink charity. And Spice Girl **Mel B** recreated Janet Jackson's famous topless photo — held from behind by husband **Stephen Belafonte** — in Cosmopolitan UK magazine, to promote the charity CoppaFeel!

The fighters: Cynthia Nixon, Sheryl Crow, Christina Applegate and other stars have had breast cancer. And think good thoughts about **Kathy Bates**: She tweeted on Sept. 12: "Hey All, sorry for the long silence. I was diagnosed with breast cancer 2 months ago & am recovering from a double mastectomy. Thanks for all the sweet tweets." She was at the Emmys a few weeks later. MWN/SAM CASTONE

Fergie

Pattinson

Mel B and her husband, Stephen Belafonte

Applegate

Nixon

Crow

Bates

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Christina Aguilera: I'm through being skinny

The Word has been waiting for **Christina Aguilera** to lose weight and then get paid a mint to appear in an Us Weekly cover story to talk about how she shed the pounds — aka Tabloid Journalism 101.

But, God bless her, it doesn't look like that cover is coming up any time soon, as Aguilera is embracing her curves.

In a recent interview with Billboard magazine, "The Voice" mentor says she's through worrying about staying skinny to promote her music. "During the promotion of my album 'Stripped,' I got tired of being a skinny white girl. I am Ecuadorian, but people felt so safe passing me off as a skinny, blue-eyed white girl," she says, recounting how she put on 15 pounds during promotion for that album, prompting a "serious emergency meeting" with her label reps about potential backlash over her weight gain. "[They claimed] people I toured with would also miss out if I gained weight because I would sell no records or tickets for my shows," she explains. "I was young, so I lost the weight quickly and was toothpick thin during 'Back to Basics' promos and touring."

Aguilera is keeping her badonkadonk.

Ross

But for her latest record, she'd had enough: "I told them during this 'Lotus' recording, 'You are working with a fat girl. Know it now and get over it.' They need a reminder sometimes that I don't belong to them. It's my body," Aguilera says.

The whole time I was writing this, I was thinking about the photo of **Rick Ross** at this weekend's BET awards [above]. He, too, seems to embrace his weight. And yet, I'm guessing at his next sit-down interview, he's not going to have to talk about his decision not to diet in relation to his music, is he?

Seth MacFarlane to host 2013 Oscars

The Academy of Motion Picture Arts & Sciences tapped "Family Guy" creator **Seth MacFarlane** to host the 85th Oscar telecast in February.

That's a very good choice. Not only can he do all of those voices, but MacFarlane is also a great song-and-dance man. He's like the frat boy version of **Hugh Jackman**.

Arnold admits to affair

Arnold Schwarzenegger claims he didn't know he'd fathered a child with his longtime housekeeper until the boy "started looking like me," he says in an interview with "60 Minutes" to promote his new memoir, "Total Recall." "That's when I kind of got it. I put things together." But while he kept the woman, **Mildred Baena**, on staff and began providing financial support for the boy, he was in no hurry to tell wife **Maria Shriver** or their four children. "It was very difficult, strange, bizarre," Schwarzenegger says. "I just said to myself, 'OK, I'm going to put this away.'"

It took him years to figure out that he fathered a child with his housekeeper? A little slow on the uptake, Arnold. I'm not saying people should expect more from their politicians; I'm saying our politicians need to be quicker to figure out their indiscretions.

Oh, Arnold

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Lindsay Lohan is having communications issues, David Spade might have a problem, Diablo Cody has some pop culture blind spots and Seth MacFarlane is not having a good time at the theater.

@lindsaylohan
My iPhone broke and i need to get the new iPhone5, but they are sold out everywhere!!!

@DavidSpade
its shocking how many times i go on web md for 'pill identifier'...

@diablocody
My parents wouldn't let us get cable; therefore I know nothing of your "Fraggles."

@SethMacFarlane
Hey guy in the audience laughing out loud at the jokes in a Shakespeare play— you make the world a worse place.

Diablo Cody

Talking points

Swift just loves love, OK?

In what is probably not the most shocking news of the year, **Taylor Swift** admits she can fall in love easily. The 22-year-old singer-songwriter tells Marie Claire magazine that she still believes in love "even after it explodes into a million pieces and burns down and you're standing in a pile of ash of what it once was, thinking, 'Why did I have to meet this person, why did this have to happen?' But then, when you make eye contact with someone across the room and it clicks and, bam, you're there: in love again." As for her penchant for writing explicitly about ex-boyfriends in her songs? She makes no apologies. "It's not like it's in the fine print," she says. "It's not my fault if someone gets into a relationship with me and then cheats and I write a song about it."

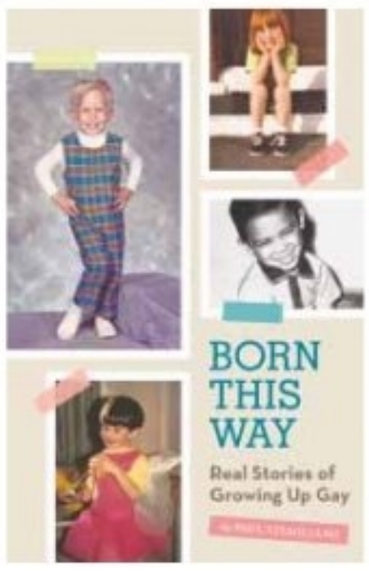
▶ Bieber goes barf.

Bieber: The tale behind the vomit

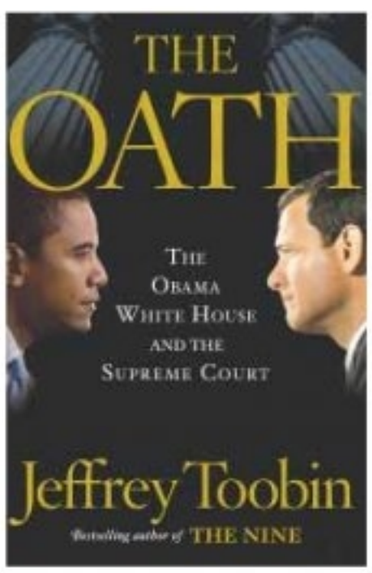
Justin Bieber's latest tour got off to a rocky start over the weekend when he hunched over and vomited during one of his songs, according to video obtained by TMZ. The singer hurried offstage but soon returned to finish the set. "It's hard for me, you know, not feeling great and throwing up in front of a bunch of people," he told the crowd. He later made light of the incident on Twitter, posting, "Milk was a bad choice."

FALL INTO THESE PAGES

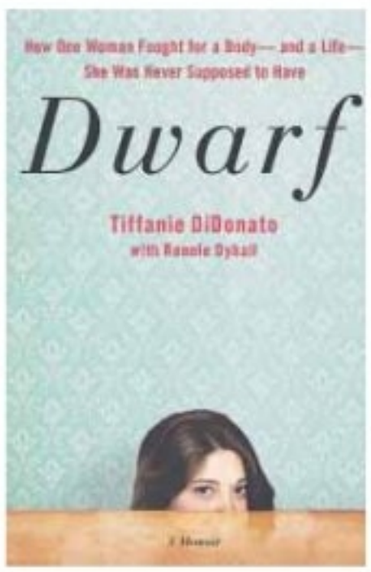
Forget beach reads — autumn is the perfect time to crawl under a blanket with a good book From memoir to fiction, here are some of the standouts



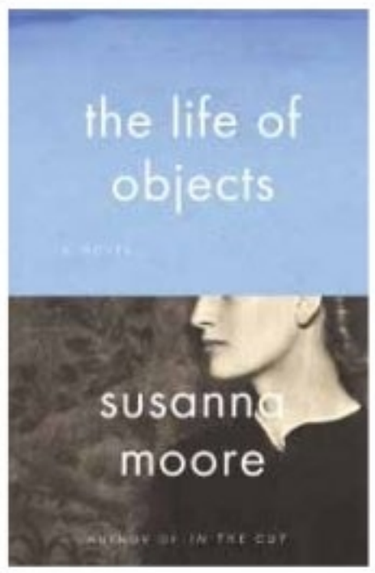
'Born this Way: Real Stories of Growing Up Gay'
By Paul Vitagliano
Oct. 9
There's no better way to celebrate National Coming Out Day on Oct. 11 than with this touching compendium of LGBT people recounting how they came to realize they were gay and sharing their subsequent coming out stories. The pictures of them in all their youthful fierceness make the book.



'The Oath: The Obama White House and the Supreme Court'
By Jeffrey Toobin
Out now
In his best-selling work, "The Nine," Jeffrey Toobin examined our current Supreme Court with the heart-stopping intensity of a thriller. Now in "The Oath," he tackles the Obama administration and its battles with the Court's conservative majority at the same breakneck pace.



'Dwarf: A Memoir'
By Tiffanie DiDonato
Nov. 27
Many memoirs can feel voyeuristic at times, but not Tiffanie DiDonato's. "Dwarf" is her tale about growing up with a rare disorder known as diastrophic dysplasia and the surgeries she had to undergo to lengthen her limbs. DiDonato fought with courage and aplomb for the inches she gained — and the life she got because of it.



'The Life of Objects: A Novel'
By Susanna Moore
Out now
In her trademark tight, crisp, descriptive prose, Susanna Moore delves into World War II with her latest heroine, 17-year-old lacemaker Beatrice Palmer, who falls in with an aristocratic German family. It's a literary "Downton Abbey" — but without the slick TV sheen.

'The Best American Comics: 2012'
Francoise Mouly, editor
Out now
There's been a "Best Of" compilation of almost every genre of writing; why should comics get passed over? Curated by Francoise Mouly, this collection presents the best work from comic world icons and up-and-comers alike. It's a standout collection — even if the year isn't over yet.

DOROTHY ROBINSON
dorothy.robinson@metro.us

TV watch list

Melanie Griffith
CRAIG SJODIN/FOX

'Raising Hope'
COMEDY. Melanie Griffith guest stars as Sabrina's superficial mom, who is the perfect uptight opposite of her daughter's hapless boyfriend, Jimmy, and his dysfunctional clan. The first meeting of the families is at the funeral for Sabrina's nana, laying the groundwork for instant disappointment and embarrassment. **Season premiere, 8 p.m., Fox**

'Hart of Dixie'
DRAMA. NYC transplant Zoe must choose between her Southern suitors, George and Wade, to set up all sorts of plotlines involving jealousy and heartbreak for Season 2. **Season premiere, 8 p.m., The CW**

'The Voice'
REALITY. In case you missed any of the chair-spinning action or mentor bickering over contestants, here's a recap of the blind audition rounds. **8 p.m., NBC**

'The Mindy Project'
COMEDY. Mindy offers a nursing job to an ex-con, further demonstrating her poor taste in men.
9:30 p.m., Fox

AMBER RAY

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'Big ups' to the ladies

Sean Paul reflects on the many women who have helped make his career ◗ The Jamaican singer on other prospective partners in song

On Sean Paul's brand-new single, Kelly Rowland asks him, "How Deep Is Your Love?" The song is pure Mr. Loverman dance hall, as Rowland provides the pretty chorus hook and Sean Paul answers that his love is "deeper than the ocean" amongst the decipherable words in his bubbling patois. Though it seems as he could be flirting with any female, he could also be giving thanks to every female.

"I think I make good songs with ladies," says the Jamaican singer, displaying what is either an acute self-awareness or an understated view of his history of duets. Over the years he has paired his voice with the likes of Rihanna, Nina Sky, Alexis Jordan, Keyshia Cole and Beyonce.

"With me wanting to do any other collaborations with ladies, I think Kelly Rowland was just like the cherry on top," he says.

This latest pairing also means that he's dueted with two-thirds of the formative lineup of Destiny's Child.

"Yeah, Michelle," he says, contemplating the final puzzle piece, Michelle Williams, "I guess in the future I'll do a gospel tour with her."

It's hard to know if Sean Paul is serious or not, but he does seem genuinely interested in more male/female duets.

"I want to work with Alicia Keys because of her vibe. I want to work with Shakira, and I heard she just got pregnant — big ups and congrats to her," he says, almost as if he's doing a shout-out on a radio station.

But the artist he seems really set on working with is Lauryn Hill: "I think she's an amazing talent," he says. "I do not like when people do not recognize history, and Lauryn Hill made history, man. She has a crazy album that is a landmark, and you can still play that album anywhere. That sounds like an artist to me."

FOC KAN/WIREIMAGE

▶ Get used to Sean Paul's look. He says he'll be rocking the 'hawk for another 40 years.

If you go

Sean Paul
Tomorrow, 9 p.m.
The Paradise
1222 Comm. Ave., Boston
$25, 800-745-3000
www.livenation.com

Mohawk 'Technique'

Sean Paul's new album "Tomahawk Technique" is the first to showcase his new hairdo, a change from the tight braids that became a trademark for him early in his career. He says he'll sport this 'do for a while.

"I'm gonna be like 80 and rocking a mohawk. People will be like, 'Look at that mad old dude!'"

He's almost halfway there. Sean Paul turns 40 in January.

PAT HEALY
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myparenting

New, young moms get valuable advice, support

The not-for-profit Nurse-Family Partnership couples a nurse with an expecting first-time mother They guide new mothers on topics such as maintaining healthy nutrition, breastfeeding and even career opportunities

ROB KLEIN

Kamadie Traore hugs her daughter, Asa. "It was always in me, but I credit the program for bringing it out of me that I could be this mother. I could do this."

Before her daughter Asa was born, Kamadie Traore called her Blessin. She decided on her prenatal name with the help of her visiting nurse, Karen Lewis, to help Traore form a bond with the baby that was she was carrying in her 19-year-old body.

National teen pregnancy rates are in decline, but as of 2008 nearly 7 percent of women between the ages of 15 to 19 become pregnant. First-time young mothers are often stretched thin in a multitude of ways — like Traore, who was working and attending community college when she found out she was pregnant with Asa.

In all but eight states across the country, low-income young moms are learning how to relate to pregnancy and motherhood through the Nurse-Family Partnership that assigns a nurse to a new mom. The free service is available to low-income moms who are fewer than 28 weeks pregnant with their first child and match up a nurse through the child's second year.

Traore was Lewis's first client in the Visiting Nurse Service of New York, a program run in all five boroughs by the New York City Health Department. While doing research on what resources New York City could offer to her, Traore found the program and enrolled.

Born in Mali, West Africa, Traore is the eldest of six siblings. She said her mother's parenting style included very little open communication. She met her husband in a traditional Malian way, but wanted motherhood to be different.

"I wanted to be able to have that relationship with my daughter where we can communicate with each other, where I can say I love you without awkwardness," she said. With Lewis by her side (and via text) she learned a different, more nurturing side of parenting.

Growing up in a house where her parents rarely engaged with children, Traore didn't have an easy time caring for Asa at first. But soon she felt more confident and even started sharing with her mother the things she learned from Lewis.

"I told her about the benefits of breastfeeding," Traore recounted. "I'm taking the opportunity to build a better relationship [with her]."

Traore is now seven months pregnant with her second child and still texts Lewis for advice. When Lewis speaks of Traore, it is with warmth and respect: "She was and she will forever be special."

JULIA FURLAN
letters@metro.us

What to expect

The national Nurse-Family Partnership provides guidance on many aspects of motherhood, including:

- What is expected during pregnancy
- Nutrition, health and contraception
- Bonding techniques with your fetus
- Connecting and communicating with your child; breastfeeding
- Life and career guidance
- Learn more at www.nurse-familypartnership.org

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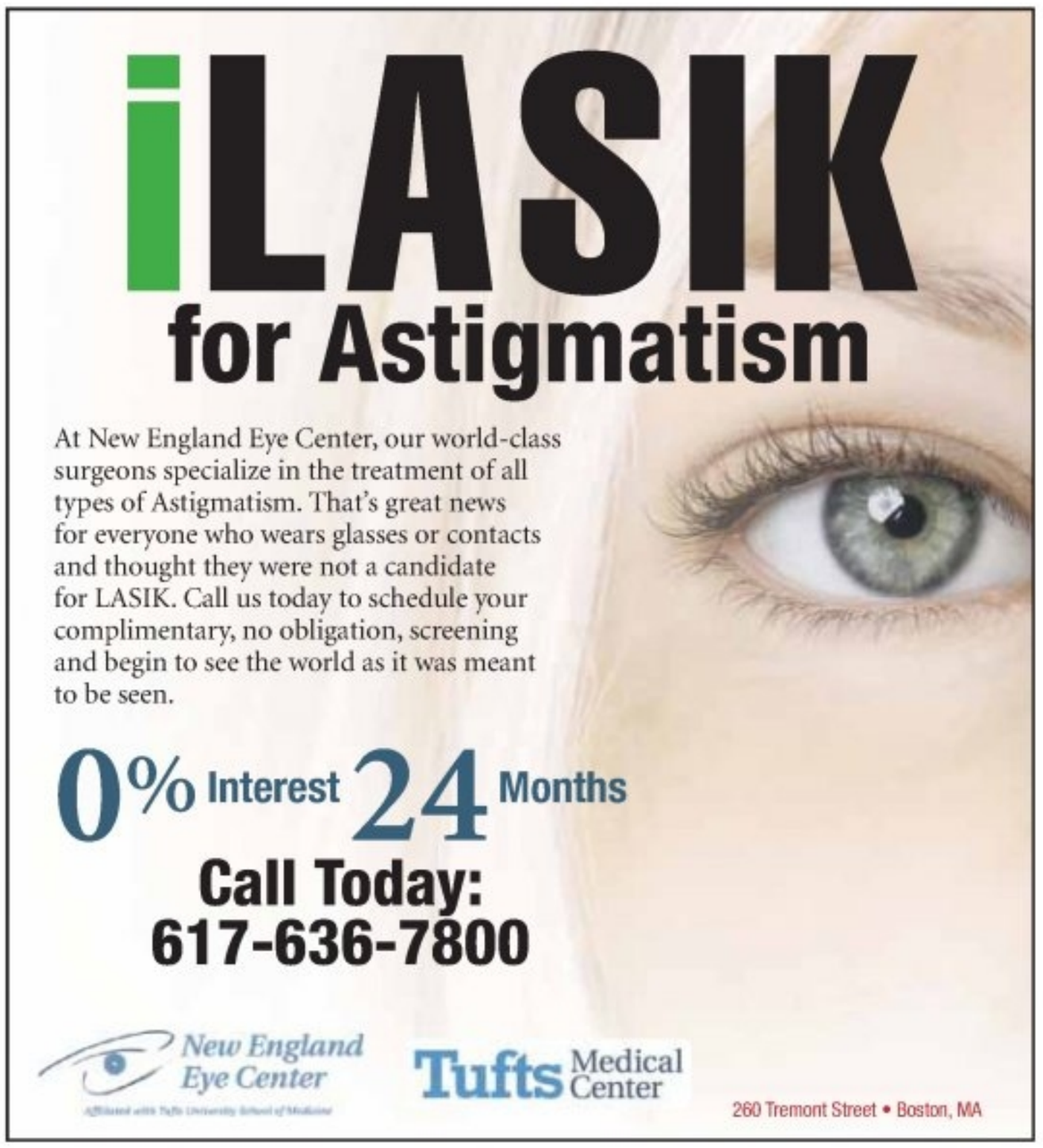
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Letters

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Don't let the poll numbers lead you around by the nose

RE: "APPARENTLY DONKEYS WEIGH A LOT MORE THAN ELEPHANTS" (METRO, OCT. 1) Letter writer Ron Shelton is absolutely right: Obama will lead in the polls if you ask more voters who support him, obviously. The polls don't come close to reflecting the political breakdown of the nation; they are grossly inaccurate. In addition to this fact, the pollsters are using 2008 figures, which are grossly inflated on turnout because the dynamics were different. In 2008, people were angry with the war in Iraq and there was a novelty factor because America never had an African-American president; however, both of those factors have subsided a great deal. Campaigns use polls to validate current policies. But it may hurt the campaigns if they aren't honest with themselves and don't change tactics as needed.

JOHN HEMPILL, VIA E-MAIL

Plans only work if people make them

I have watched from the sidelines as the Occupy movement has tried to gain traction with no visible success. And, as a professional communicator now teaching the next generation(s) of communicators, I see one clear reason why: lack of a cohesive message and visible spokesperson relaying that message. Efforts have been a hodgepodge of self-righteous, indignant protestations from scattered supporters — not from one centralized source. Effective communication is the result of cohesive and coherent actions taken to inform the public. The Occupy movement's communication office is "unoccupied."

KIRK HAZLETT, VIA E-MAIL

Keep pols firmly in taxpayers' pockets

RE: "TAKE THIS TO THE BANK: BIG DONORS GET WHAT THEY PAY FOR" (METRO, SEPT. 27) I agree with Michael J. Frosch that campaign finance is the root cause of government dysfunction. I understand Occupy's distaste for making specific demands, but if there's one thing worth camping in public parks, marching in the streets and possibly getting arrested for, it's public financing of elections. With that revolutionary change, the purchasing of politicians by corporations and the ultra-wealthy would be eliminated, and our elected representatives would be accountable to all the voters.

JEFF STONE, MILTON, MASS.

Justice is blind — politicians are not

RE: "IN BLIND INVESTING WE TRUST?" (METRO, SEPT. 25) I think Michael J. Frosch wrote a great news column. He is questioning the whole concept of "the blind trust" that politicians use when they run or get elected to office. The office-seekers claim that they are appointing a trustee that gives the latter total control over all investment decisions. The politician supposedly doesn't know what the trustee invests in nor has any influence in it. But as Frosch implies, what would prevent the politician to provide his or her input by simply (orally) telling the trustee what to do.

MARTIN FEUERMAN, VIA E-MAIL

E-mail your letters: letters@metro.us

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♎ Libra **Sept. 23-Oct. 23.** Don't worry if things have been a bit dull lately on the social front. A series of exciting developments are in the making, and you'll get wind of them soon.

♏ Scorpio **Oct. 24-Nov. 22.** Circumstances are starting to intervene on your behalf, turning several iffy situations into something lucrative.

♐ Sagittarius **Nov. 23-Dec. 21.** An exciting new project that has a lot of promising potential is likely to capture your fancy at this time. It'll be the kind of endeavor that will be a pleasure to undertake.

♑ Capricorn **Dec. 22-Jan. 19.** Try to devote as much time and effort as possible to some of your more ambitious objectives. Your chances of realizing fulfillment look to be exceptionally good.

♒ Aquarius **Jan. 20-Feb. 19.** Engaging in mundane routine is likely to bore you to distraction. However, developments that challenge your ingenuity will bring out your championship qualities.

♓ Pisces **Feb. 20-March 20.** Something advantageous of a business nature is developing for you at this time. You might learn about part of it today, but there will be much more manifesting tomorrow.

♈ Aries **March 21-April 19.** Don't attempt anything on your own that can be better accomplished with a competent ally. You'll be far more fortunate doing things with a partner than by yourself.

♉ Taurus **April 20-May 20.** Something wonderful could happen for you where your work or career is concerned. You'll need to be on your toes, because what develops will require an instant response.

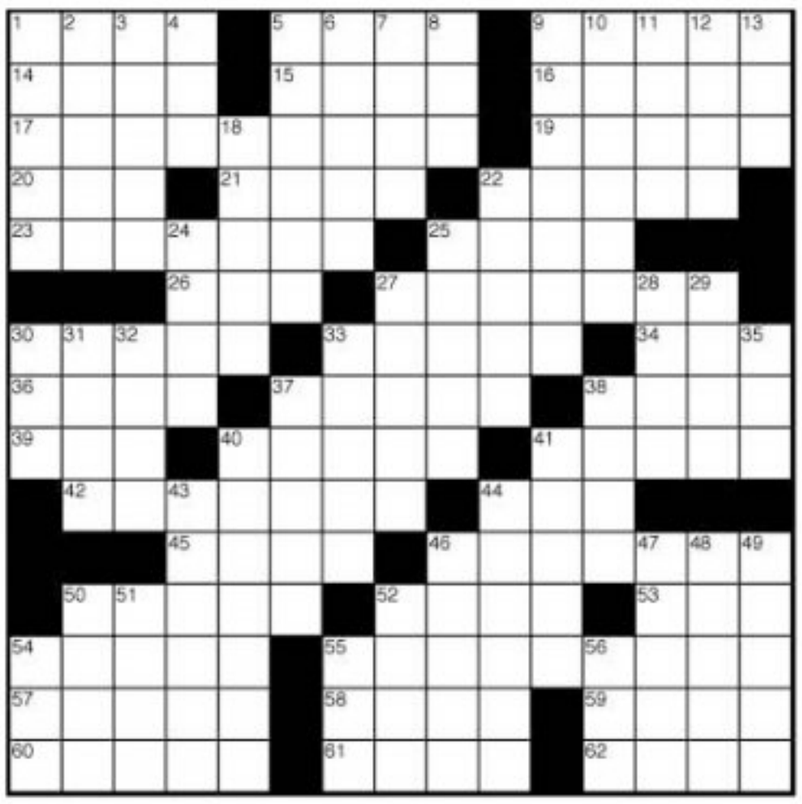
♊ Gemini **May 21-June 20.** You'll be on the minds of several friends who are making some out-of-the-ordinary plans of a social nature. Lucky you, because you'll be penciled into their arrangements.

♋ Cancer **June 21-July 22.** Influences that have a direct effect on your basic requirements and material security are both unique and favorable at present. You're likely to profit from a strange set of circumstances.

♌ Leo **July 23-Aug. 22.** Your inclination to attempt to please everybody will end up working to your ultimate benefit. Friends and colleagues whose lives you brighten will, in turn, try to brighten yours.

♍ Virgo **Aug. 23-Sept. 22.** There are all kinds of indications that you are likely to be luckier than usual in arrangements that have profitable potential. What you gain will not be of a temporary nature.

BERNICE BEDE OSOL



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55 Cougar
57 Ernest or Julio
58 Worry
59 Threshold
60 Before Polk
61 Key -- pie
62 Broncos do it

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2 Cook's lure
3 Not domesticated
4 Job-ad letters
5 Fuel rating
6 Started a poker game
7 Groundless
8 Cave-dwelling fish
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10 Beethoven's Third
11 Verdi opus
12 Notch shapes
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18 Valentino role
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25 Reduce speed
27 Talk pointlessly
28 Eggnog time
29 Party-tray cheese
30 Water-power org.
31 Dressy shoe
32 Razor brand
33 Tom Sawyer creator
35 "Um" cousins
37 Armadillo's protection
38 Wild oxen of Tibet
40 Watch over (2 wds.)
41 Rainbow maker
43 Thumb through
44 Highly decorated
46 Alaskan pole
47 Avoid capture
48 Chain dance
49 Spud
50 Approve
51 Stuff
52 Graceful wrap
54 Mil. officer
55 Grey Cup org.
56 Above, to Tennyson

4							8	2
1			8			7		5
8	9		7			4		
		5	6				1	
		8		3		6		
	4				1	3		
		1			3		9	6
5		4			9			8
9	2							3

SUDOKU **LEVEL: EASY**

			8					9
	1			9				
	7	9		4	2		6	
		8			1	4	9	
		6	4		8	7		
	4	1	6			3		
	3		7	8		6	2	
				6			7	
2					5			

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

F	A	M	E	■	K	H	A	K	I	■	C	H	O	P
I	L	E	X	■	N	O	M	A	D	■	H	A	I	L
N	A	R	C	■	O	P	I	N	E	■	A	L	S	O
D	E	V	I	A	T	E	D	■	N	A	I	L	E	D
■	■	■	S	I	T	■	■	A	T	E	N	■	■	■
B	A	R	E	L	Y	■	■	H	I	R	S	U	T	E
A	M	A	S	S	■	B	E	E	F	■	■	L	O	N
Y	U	K	■	■	S	A	M	M	Y	■	■	N	I	E
E	S	E	■	■	O	N	U	S	■	P	S	A	L	M
R	E	D	B	I	R	D	■	■	B	R	A	S	S	Y
■	■	■	A	B	E	S	■	■	L	A	P	■	■	■
P	R	O	T	O	N	■	C	R	A	M	P	O	N	S
H	U	S	H	■	E	R	R	O	R	■	I	T	E	M
E	S	T	E	■	S	T	E	V	E	■	E	T	T	E
W	E	E	D	■	S	E	W	E	D	■	R	O	S	E

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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destinations

I left my heart in Cappadocia

- Central Turkey is home to one of the most geographically unique places in the world
- Metro guides you through the must-see spots for this culturally rich locale in Turkey

▶ These ancient frescoes are hidden within the rock formations that make Cappadocia's landscape so special.

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There's nowhere else in the world quite like this region in eastern Anatolia, Turkey. Made up of several small villages, Cappadocia (pronounced Kap-a-dokia) is a UNESCO world heritage site. With settlements that date back to the 8th century B.C., thousands of years of rich history provide visitors with plenty to see and do, in addition to luxury accommodations and shopping.

See

Natural wonders are the No. 1 attraction in Cappadocia, with unique rock formations of the fairy chimneys (tall, thin spires of sedimentary or volcanic rock) covering much of the land. While the area has been home to the Hittites, Phrygians, Persians, Romans, Byzantines, Seljuks and Ottomans, it was the early Christians who perhaps left the most fascinating mark in Cappadocia's many caves. There are some 3,000 rock churches in the area, from a time when the early Christians hid in the region to escape persecution. The Goreme Open Air Museum allows visitors to tour the preserved living spaces and chapels, which feature stunningly intricate frescoes of prominent early figures in the church.

Those who aren't claustrophobic should visit the many underground cities in the area. The network of tunnels in the Kaymakli Underground City in Nevsehir extend at least four floors underneath the surface. Archaeologists estimate that the cities were created between the 8th and 7th centuries B.C. for people hoping to hide from neighboring enemies.

MUSEUM HOTEL

▶ This is just one of many cave rooms in the Museum Hotel.

Stay

Out of the many lovely accommodations available in the area, the Museum Hotel has the distinction of doubling as a tourist attraction in its own right. Renovated from ancient ruins in 1998, the hotel makes use of the cave dwellings that populate so much of the landscape in the region. Each room blends the rustic nature of the raw stone walls (originally inhabited by nomads called the Tekeli clan) with luxurious antique furniture and artifacts from the Museum of Nevsehir.

▶ **The Museum Hotel**
www.museum-hotel.com

Hot air ballooning is a popular activity for visitors to the region. At sunrise, the area is peppered with ascending balloons that overlook the various rock formations.

On the Web

- **Goreme Open Air Museum**
- **Kaymakli Underground City**
  www.goreme.com
- **Hot Air Ballooning Cappadocia**
  www.hotairballooncappadocia.com
- **Omurlu**
  www.omurlu.com

Shop

Ceramics are a specialty of Cappadocia. Omurlu Ceramic in Avanos hosts tourists for a look at how the traditional Hittite designs are hand-painted onto cookware, vases and decanters. Turkish rugs are one of the prime exports of both this region and the country as a whole. Showrooms will host tourists for a look at how the carpets are made. Expect your host to apply a bit of pressure to purchase some wares, but never accept the first price. Haggling is a necessary part of the transaction.

HEIDI PATALANO
heidi.patalano@metro.us

▶ Don't leave Cappadocia without seeing the Petrified Desert.

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OTTO GREULE JR/GETTY IMAGES

Who will be BACK?

▶ Cody Ross is a good bet to return to Boston in 2013.

Barring trade, expect Pedroia, Lester, Buchholz back ◐ Presence of Iglesias may make Aviles expendable ◐ Ellsbury trade value has dropped

Contrary to some wishes, the Red Sox plan to field a team in 2013. At the very least, it will not look anything like the one currently playing out the string in New York. Dustin Pedroia, Jon Lester, Clay Buchholz, Will Middlebrooks, Felix Doubront and Andrew Bailey are among those guaranteed to return, barring a wacky trade. Jacoby Ellsbury could be moved, but his trade value has plummeted. John Lackey will be in the rotation. David Ortiz will probably re-sign. That leaves a large collection of question marks.

Cody Ross
A good, not great player with a great, not good, clubhouse presence, Ross provides some pop and plenty of stability, of which the club has lacked. It makes sense to open up the wallet for thriving in horrendous circumstances this year.
Odds of return: 80 percent

James Loney
The pool of available first baseman on the market is slim, but the Sox can do better. Loney's numbers have been in decline and he's bottomed out during this "audition" with Boston.
Odds of return: 10 percent

Daniel Nava
Not a bad fourth outfielder for cheap money, Nava has established a pattern of great play upon being called up and lackluster play thereafter. Still, he displayed a solid left field this season and may be the best option to open 2013 there.
Odds of return: 60 percent

Alfredo Aceves
The team MVP (Most Volatile Player) in 2012 pitched down the stretch like he just didn't give a darn. Might be time to cut loose the 31-year-old and let someone else play the Dr. Jekyll-Mr. Hyde game with Aceves.
Odds of return: 20 percent

Mike Aviles
A solid clubhouse presence who is durable and somewhat productive, Aviles might finish in the top three on the Sox in hits, RBIs and steals.
Odds of return: 30 percent

Pedro Ciriaco
One of the team's best players down the stretch (that's like choosing a favorite zit, isn't it?), Ciriaco could prove valuable in the role that Nick Punto held so gloriously for a few months.
Odds of return: 50 percent

TONY LEE
sports@metro.us

Hardly knew ye?

The Red Sox will have to make decision after decision this offseason on these fringe players:

- **Likely to return:** Rich Hill, Andrew Miller, Franklin Morales, Chris Carpenter, Clayton Mortensen, Junichi Tazawa
- **Likely gone:** Ryan Sweeney, Scott Podsednik, Daisuke Matsuzaka, Aaron Cook, Mark Melancon

3

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Small-minded

Celtics want to play 'small ball' Ainge has gone with tiny lineups in the past Terry addition is key

When Danny Ainge was head coach of the Phoenix Suns, he was forced into utilizing a "small ball" lineup due to the fact that Danny Manning was his lone legitimate player hovering near 7 feet.

With a guard assemblage of Kevin Johnson, Jason Kidd, Wesley Person and Rex Chapman, Ainge opted to put his most talented players on the floor over fielding a traditional five.

Much of the same could take place this year in Boston, as Ainge has put together a team that is particularly guard-heavy. Yesterday in Waltham, the Celtics practiced multiple "small ball" lineups and spoke on how much versatility is expected in the 2012-13 squad.

"[Rajon Rondo] will be very happy. We put [small lineups] in yesterday, but we didn't work on it," Celtics head coach Doc Rivers said. "Today, almost exclusively, we'll have small lineups on the floor. We're going to change them all around, so that will be fun. This is the first year that we've actually really worked on it. We're going to work on it so we can do it every day."

GETTY IMAGES

▶ Jason Terry will be key when the Celtics go small.

The Celtics left for a seven-day trip overseas, with stops in Istanbul and Milan, last night. Boston will play exhibition games there on Friday and Saturday.

MATT BURKE
matthew.burke@metro.us

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